

S.N.M COLLEGE MALIANKARA

(Affiliated to Mahatma Gandhi University, Kottayam)

1. Title of the programme: International Yoga Day

2.Name of the Coordinator: Lt.Akhil j

3.Name of Organizing cell:NCC

4.Date:21/06/2021

5.Number of participants:96 cadets

6.Venue: SNM COLLEGE MALIANKARA

7.Resource person: JUO Reshma CS

8.Objective of the program: To raise awareness about the numerous physical and mental health benefits of yoga and provide an opportunity for individuals of all ages and backgrounds to experience its transformative effects firsthand.

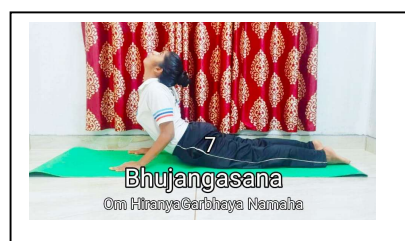
9. Detailed description of program: On 21st june 2021 Snm college Maliankara Ncc cadets conducted Yoga day program. All the cadets participated and posted the photographs Participated on yoga.

10.Outcome of the event: the cadets beacame aware of the importance of yoga in daily routine of a person.

11.Brochure:



12.Photos:



13.List of the participants: